

# Jasmine STEPs up to the challenge!

Fitness Stylz Operations Manager Jasmine Castonguay completed a BODYSTEP instructor training held over the weekend of February 17 in Feeding Hills, MA. Jasmine, who also teaches BODYFLOW, SilverSneakers, and is a personal trainer, welcomed the opportunity to have another program under her fitness belt.

"The BODYSTEP training was very different from the BODYFLOW training," Jasmine said. "The technique, cardio endurance, and music are very different. It was very challenging for me to learn the BODYSTEP choreography, but I eventually prevailed and passed the training! I'm so proud of myself for passing the training, and for being able to teach programs from one end of the fitness spectrum to the other."

Jasmine's BODYSTEP trainer was Darren Watson from North Carolina. He is an instructor for five Les Mills programs and a trainer for BODYSTEP, BODYATTACK and BODYPUMP. Jasmine said that Darren was an amazing teacher who was especially focused on the arm techniques used in BODYSTEP.

"I never realized how important arm lines were in BODYSTEP until I went through the training," Jasmine said. "My shoulders had never been so sore!"

Jasmine noted that the arm work in BODYSTEP is designed to give class participants a full body work-

out, so the whole body is involved and not just the legs. As is true with every Les Mills program, participants are encouraged to incorporate techniques at their own current levels of ability.

Part of the BODYSTEP training involved learning and teaching assign-



**Jasmine Castonguay**

ed class tracks to the other training participants. Jasmine said she was given time to practice her track and present it to the other trainees, and receive feedback from everyone present.

"This is such an important part of the training," Jasmine stressed. "Darren said the way we look and the quality of our movement is a crucial part of whether or not class members enjoy a great, physical experience. He said that great technique forms the foundation of your teaching."

Darren asked the trainees to write down what they are passionate about. Here was Jasmine's response:

"I'm passionate about helping members achieve their goals through the Les Mills classes and with the guidance of my personal trainer knowledge. I'm passionate about connecting with the members and helping them to feel welcome at Fitness Stylz. I want to continue to motivate and create excitement and for members to realize that fitness is FUN!"

Fitness Stylz owner Tom Roy said he is proud of Jasmine for passing the rigorous BODYSTEP training process.

Tom said, "Les Mills instructor training seminars can be brutal, both physically and emotionally. One of the reasons that Les Mills programs are so excellent is that the company is dedicated to producing the highest quality instructors possible. Not everyone passes the training process, so I'm thrilled that Jasmine did so well. I look forward to watching her grow as a BODYSTEP instructor, and I know she will bring something unique to the stage, as do all the instructors here at Fitness Stylz."

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